2015 – 2016 Tryouts

TRYOUT DATES: September 12th – 13th

TRYOUT SCHEDULE:

Saturday  
9:00 AM – 9:30 AM  Registration  
9:30 AM – 12:00 PM  Session 1  
12:00 PM – 1:00 PM  Lunch Break  
1:00 PM – 4:00 PM  Session 2  

Sunday  
8:30 AM – 9:00 AM  Warm-up  
9:00 AM – 12:00 PM  Final Tryouts  

2015-2016 MANDATORY TEAM DINNER MEETING:

Sunday  
6:00 PM – 9:00 PM
TRYOUT REQUIREMENTS

FORMS TO COMPLETE BEFORE TRYOUTS:
1. BU Athletic Training Services Physical Activity Readiness Questionnaire
   • Form MUST be emailed to Hollie in Athletic Training Services at hjwalusz@bu.edu
     by Wednesday, September 9th.

TO BRING TO TRYOUTS:
1. $20.00 Registration Fee
2. BU Dance Team Registration Form
3. Headshot
4. Class Schedule (graph version)
5. Unofficial copy of your BU Transcript (applies only to those who have completed at least
   one semester of classes)
6. Appropriate footwear (jazz shoes & sneakers recommended)
7. Water

If you have any questions or concerns, please do not hesitate to email Coach Kaitlyn at
budt@bu.edu.

Thank you for your interest and GOOD LUCK!
PROGRAM OVERVIEW

The Boston University Dance Team is one of the elite programs in the nation. If the idea of involvement in your school, competing nationally and taking your abilities to the next level interests you, then this team is for YOU!

The team performs at all men’s and women’s basketball games, at on-campus events, community service events, and local dance showcases throughout the season. In addition, the team competes nationally in the Division I Team Performance and Hip Hop categories at the NDA Collegiate National Championship in Daytona Beach, FL. The team has finished in the Top Ten since 2007 and won it’s first National Championship in Hip Hop in 2014.

As a member of the Boston University Dance Team and a student-athlete, you are a visible representative of the athletic teams you support, the University and the city of Boston. Team members dedicate 12-20 hours per week towards practice, games, events and fundraisers. In addition, all student-athletes in the Athletic Department are required to maintain academic standards including a 2.0 GPA and full-time student status.

Imagine the excitement of being a part of a team competing at the national level at the world's largest cheer and dance competition with your best friends standing by your side! Every once in a while you come across an opportunity, and make a decision that will change your life. Earning a place on the Boston University Dance Team has the potential to do just that!
TRYOUT REQUIREMENTS

Eligibility:
Candidates must be full-time undergraduate or graduate students who are enrolled at Boston University and are in good academic standing. Candidates who have finished at least one semester of class at Boston University must provide an unofficial transcript.

Tryout Process:
Tryouts are held over multiple sessions with cuts occurring on both days. During each session, you will be observed by the coaches and a judging panel.

DAY 1: SATURDAY, SEPTEMBER 12th
Location: Case Gymnasium (285 Babcock Street)

SESSION 1:
We will start with a warm-up and then continue with progressions across the floor consisting of kicks, leaps, turns, and various other tricks. We will conclude with an optional hip hop free style before we break for lunch. The first round of cuts will be posted after the lunch break.

SESSION 2:
We will teach 3 dance combinations (jazz, pom, and hip hop). At the end of the day, you will have open practice time.

DAY 2: SUNDAY, SEPTEMBER 13th
Location: Case Gymnasium (285 Babcock Street)

FINALS:
You will perform the dances, as well as some progressions across the floor, for a panel of judges. At this point you will also have the opportunity to show us skills which many not have been emphasized during the earlier portion of the tryout. After the dance portion is complete, there will be a short interview where we will ask you 1-2 questions
TRYOUT REQUIREMENTS

Skills:
- Leg hold
- Toe-touch (or Russian)
- Grand jete
- Second leap
- Calypso leap
- Switch leaps
- Turning disc
- Double and triple pirouettes (show us quads if you have them!)
- Fouette (a la seconde) turns
- 1-3 skills of your choice (extensions, hip hop or gymnastic skills appreciated)

Tryout Attire:
Dancers should wear fitted clothing. Most choose to wear booty shorts and a tank top or sports bra/crop top. There are no specific color requirements. Dancers should look presentable, with performance-ready makeup and no excess jewelry.
To be read and signed by the Student-Athlete and the Parent/Guardian if the Student-Athlete is under 18 years old.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE – PAR-Q

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with a healthcare professional before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor prior to engaging in physical activity.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Check YES or NO.

☐ Yes ☐ No 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

☐ Yes ☐ No 2. Do you feel pain in your chest when you do physical activity?

☐ Yes ☐ No 3. In the past month, have you had chest pain when you were not doing physical activity?

☐ Yes ☐ No 4. Do you lose your balance because of dizziness or do you ever lose consciousness?

☐ Yes ☐ No 5. Do you have a bone or joint problem (for example: back, knee, hip) that could be made worse by a change in your physical activity?

☐ Yes ☐ No 6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?

☐ Yes ☐ No 7. Do you know of any other reason why you should not do physical activity?

ACKNOWLEDGMENT OF RISKS AND WAIVER OF CLAIMS

I understand, recognize, and acknowledge that participating in any sport or physical activity can be dangerous and can involve many risks of serious injury and/or death. I understand that the dangers and risks include, but are not limited to, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to internal organs, bones, and other parts of the skeletal/muscular system, and other serious physical and other injuries. I understand that the dangers and risks also include other impairment of health and well-being, including impairment affecting the future ability to earn a living, engage in educational, occupational, social, and recreational activities, and generally enjoy life. I acknowledge that it is my responsibility to understand and obey instructions and rules for any sport or other physical activity or use of equipment, and to seek help from the coaching, athletic training, and other staff if I have questions. I understand that, notwithstanding precautions taken by Boston University, however, there are risks of serious injury and/or death.

I am voluntarily participating in sports and other physical activities and using equipment while at Boston University with knowledge of the dangers and risks involved. I hereby assume and accept any and all risks associated with my participation in sports or other physical activities at Boston University (whether at Boston University's athletic facilities or elsewhere).

In consideration of being presented an opportunity to participate in sports and other physical activities at Boston University and to use associated equipment, I (on behalf of myself any my heirs and assigns) do hereby release, hold harmless, and forever discharge and agree not to sue Trustees of Boston University and its trustees, officers, agents, volunteers and employees from and for any and all claims, responsibilities, liabilities, demands, damages and causes of action of any nature whatsoever for, on account of, or by reason of my participation in sports or other physical activities at Boston University (whether at Boston University athletic facilities or elsewhere), whether or not caused by the ordinary negligence of Boston University.

I have read and understand this document, and I voluntarily agree to be bound by it.

Signature of Student-Athlete ___________________________ Birthdate (mm/dd/yy) __________ Age _______ Date (mm/dd/yy) __________

Name of Parent/Legal Guardian (PRINT) ___________________________ Signature of Parent/Guardian ___________________________ Date (mm/dd/yy) __________
2015-2016 Boston University Dance Team
Tryout Registration Form

Name:

Date of Birth:  

Age:

Home Address:

City:  

State:  

Zip Code:

Campus Dorm/Address:

Cell Phone Number:

Email Address:

Program/Year of Graduation:

Previous Dance Experience: (Include training and competition experience)

Why do you want to be a member of the BU Dance Team?

How will you contribute to making the team better?

Do you have any prior injuries? If yes, please explain and provide dates of injury.
Below, write in any weekly activities (i.e. work, lab, etc.):

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Please attach the graph version of your class schedule.